



# Pure Heart Simple Mind- Wisdom stories from a life in Japan

*Charlie Badenhop*

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## **Pure Heart Simple Mind- Wisdom stories from a life in Japan** Charlie Badenhop

A collection of wisdom stories from an ex-New Yorker who has lived in Japan more than 25 years. It is the artful simplicity of the stories that helps to reveal the heart and soul of the Japanese people.

Charlie Badenhop draws on his many years of teaching and coaching clients in diverse disciplines (Aikido, Noguchi Sei Tai, NLP, Ericksonian Hypnosis, Mindfulness, Self-relations Psychotherapy).

*Pure Heart, Simple Mind* is filled with humor, keen insight, and a deep respect for the fragility and strength of the human spirit. If you have an interest in Japanese culture, cross-cultural issues, appreciating the many fine people you meet, and mindfulness, you will find find this book of great value

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